Seniors' News

Seniors' Secretariat

Giving Nova Scotia's Seniors a Voice Volume 115 March 2006

Executive Director's Message

by Valerie White

As I write this, the winter temperature that has been so mild is beginning to drop. While Mother Nature is the only one who can warm up temperatures outside, there are several ways that we can keep the inside of our homes warms while saving energy. Both the Energuide and Keep-the-Heat programs offer seniors ways to save on energy costs. For more information on the programs, check out page 9 of the newsletter. The deadline is March 31, so be sure to have your application in by the end of the month.

Although it's cold now, spring will soon be upon us. On May 16, we will host our regular consultation with seniors groups. Among the agenda items is the unveiling of a new look and support materials for the Vial of Life Program.

I am pleased to announce that the 17th edition of *Programs for Seniors* will be available at the end of March. Pick up a free copy at your local pharmacy or library or call **1-800-670-0065**.

The Honourable Chris A. d'Entremont, Chair of the Seniors' Secretariat

I would also like to welcome our new Health Minister and chairperson of the Seniors' Secretariat, the Honourable Chris d'Entremont. Minister d'Entremont was first elected to the Legislative Assembly in August 2003 after working as executive assistant to former Finance Minister Neil LeBlanc. He is married with two sons and is actively involved in his community in the fire department, Rotary Club, and is treasurer of the South West Nova Scouting Council.

Plan now to attend this year's Seniors' Expo on Friday, June 9 and Saturday, June 10. It is always a time of laughter and learning. This year is sure to be no exception with a Broadway musical theme. I look forward to seeing you there!

Valerie

2007-05013/

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Seniors' **News**

Giving Nova Scotia's Seniors a Voice

The Secretariat newsletter is published four times a year by the Seniors' Secretariat and distributed free of charge. We welcome letters, articles, and items of interest from you. Please include your name, address, and telephone number on all correspondence. The Seniors' Secretariat was established in 1980 to facilitate the planning and development of services and programs for seniors by coordinating plans, policies, and programs presented by the departments of the provincial government. The Secretariat serves as a one-door entry to government for seniors, seniors' groups, and other provincial bodies concerned with aging issues. The Secretariat develops plans, policies, and programs in partnership with other levels of government and agencies responsible for seniors.

Seniors' Secretariat
1740 Granville Street
4th floor
PO Box 2065
Halifax, Nova Scotia
B3J 2Z1

(902) 424-0065 (T)
1-800-670-0065
(902) 424-0561 (F)

scs@gov.ns.ca
www.gov.ns.ca/scs

Seniors' Secretariat

NOVA SCOTIA

SECRETARIAT NEWS

Ministers of the Secretariat

On February 24, Rodney MacDonald was sworn in as the new Premier of the Province of Nova Scotia. He announced the names of 15 MLAs who will be part of his cabinet, including the six ministers who make up the Seniors' Secretariat. The Nova Scotia Seniors' Secretariat consists of the Minister of Health, Minister of Community Services, Minister of Education, Minister of Service Nova Scotia and Municipal Relations, and Minister of Health Promotion and Protection, and most recently, the Minister of Justice. We are pleased to welcome our new ministers.

The Honourable Chris A. d'Entremont
Minister of Health
Minister of Acadian Affairs
Chair of the Seniors' Secretariat
MLA for Argyle

The Honourable Jamie Muir
Minister of Education
Minister responsible for the Youth Secretariat Act
MLA for Truro – Bible Hill

The Honourable David M. Morse
Minister of Community Services
Minister responsible for the Disabled Persons' Commission Act
Minister of Emergency Management
MLA for Kings South

The Honourable Barry Barnet
Minister of Health Promotion and Protection
Minister of African Nova Scotian Affairs
Minister of Communications Nova Scotia
MLA for Hammonds Plains-Upper Sackville

The Honourable Richard Hurlburt
Minister of Service Nova Scotia and Municipal Relations
Minister responsible for the Residential Tenancies Act
MLA for Yarmouth

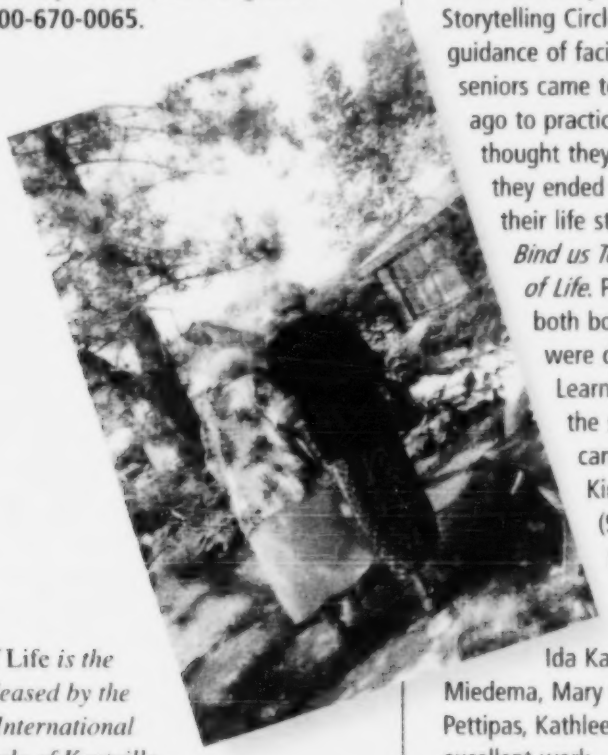
The Honourable Murray K. Scott
Attorney General and Minister of Justice
Minister responsible for the Human Rights Act
Minister responsible for the Regulations Act
Minister responsible for Part II of the Workers' Compensation Act
MLA for Cumberland South

Did You Know?
Although the total population of Nova Scotia is expected to grow by only 3% between 2005 and 2026, the seniors' population will grow by more than 80%.

Seniors' Literacy Update

By Marguerite McMillan, Project Coordinator, Nova Scotia Seniors for Literacy Coordinator

New Funding for Seniors' Literacy Programs
The Seniors' Secretariat is pleased to report that it has partnered with the Department of Education to fund literacy programs for seniors throughout the province. Requests for proposals sent out last fall resulted in several applications from Community Learning Networks to host these programs. Five were successful in receiving funding and will begin offering a variety of literacy programs in their communities in early spring. The programs will be offered in Canso, Kentville, Lake Loon–Cherry Brook area, Sydney, and the Windsor Plains area. If you live in any of these communities and want to learn more, contact your local Seniors' Club or Council, or the Seniors' Literacy Coordinator Marguerite McMillan at 1-**800-670-0065**.



Our Pathway of Life *is the second book released by the Grandparent's International Storytelling Circle of Kentville.*

Grandparent's International Storytelling Circle of Kentville
Back row: Carol Boudreau, Tina Smit, Anna Bennett, Jean Paish, Ida Kane, Margo Bishop, Lena Miedema.
Front row: Mary Morine, Kaye Sharp, Mary Bent, Merle Pettipas, Mary Kemp.
Missing: Jane Kroezen, Jo Hogeboom.

Congratulations to Kentville Storytellers
Last December I had the opportunity to attend a book launch by the Grandparent's International Storytelling Circle of Kentville. Under the able guidance of facilitator Carol Boudreau, a group of seniors came together for the first time two years ago to practice reading and writing skills they thought they had lost. Much to their surprise they ended up publishing two books about their life stories. The first one was *Stories that Bind us Together*, followed by *Our Pathway of Life*. Participants were proud to say that both books sold quickly and all proceeds were donated to the Kings County Learning Association. A few copies of the second book are still available and can be purchased for $10. from the Kings County Learning Association at **(902) 679-5252**. Congratulations to storytellers Anna Bennett, Mary Bent, Margot Bishop, Carol Boudreau, Johanna Hogeboom, Ida Kane, Jane Kroezen, Mary Kemp, Leny Miedema, Mary Morine, Georgina Paish, Merle Pettipas, Kathleen Sharp, and Tina Smit for their excellent work.

These are excerpts from some of the life stories from the book, *Our Pathway of Life:*

When I was three years old the Second World War started. It was a time of tension. No one knew what would happen next. The grown ups didn't tell us much. But we sensed things were different. One day when I was about four years old, my brother and I went on the sea dyke where we lived, to meet our mother who was working in the field. All of a sudden we were shot at by the Germans. We had got too close to their camp. Perhaps they were just blanks, but my brother took my hand and we high-tailed it out of there.

Jane Kroesen

Another incident stands out to me. We visited some neighbours and showed them some pictures. One was where I was helping bring the cows to the river to drink. I was asked what I was doing and I said, "I am drinking the cow, " everyone roared with laughter and I didn't even know why. Well that wasn't the only time I made mistakes with the English language but people were very helpful when I couldn't get across what I wanted to say and so was my boss.

Tina Smit

Isabel had to lead the cow to the pasture on our way to school and take it home after school every day. On weekends Isabel and I had to take it down to the pasture in the morning and go get it at night. I was scared of animals so I carried a broomstick with me. Isabel was always between me and the cow but every time the cow would look at me I would crack it on the nose.

Ida Kane

We lived in a small apartment on the second floor with only three rooms. My Mum was a big lady like me, and how many times she would have to go up and down stairs to hang out her wash. Wash day was not like it is today. You had to heat your water on top of the stove. A lot of times, carry it from a well outside. In pictures we have, I see how neat and tidy she kept us, neatly combed hair with ribbons made into bows.

Anna Bennett

I remember one year on Empire Day, when Canada still belonged to England, our Grade 5 teacher, Sister Mary Evelyn, who I believe was Scottish from Cape Breton, tucked up her skirts into her belt, and taught me and three other girls how to do the Highland Fling. She must have done a great job, because we were asked to dance for the Empire Day program. And who should be in the audience but Mr. Angus L. MacDonald, the Premier of Nova Scotia! He was so thrilled that he asked for an encore at the end of the show.

Mary Morine

Keep your eyes peeled for more stories in the next newsletter!

For more information on the Seniors for Literacy Project, feel free to contact me at the Secretariat by phone at **424-5329** or **1-800-670-0065**, or via e-mail at **mcmillma@gov.ns.ca**.

Did You Know?
Two-third of older adults are not active enough to enjoy health benefits.

Elder Abuse: What's Happening?

By Barb Baker, Elder Abuse Consultant

New Website Information
The Secretariat is pleased to announce the launch of its section dedicated to increasing awareness and sharing information about abuse against older adults! Visit **www.gov.ns.ca/scs/elderabuseprevention.htm** for general information on the topic, links to resources, information on projects and events, and much more. Your feedback is welcome as we continue to develop the site.

Following the successful launch of the *Nova Scotia Elder Abuse Strategy: Towards Awareness and Prevention* at the Elder Abuse Awareness Day Forum in November 2005, efforts continue to develop actions to address the recommendations in the strategy. Together with Communications Nova Scotia, the Secretariat is now working towards developing common messages and materials to help Nova Scotians better understand and identify abuse of older people.

The Secretariat was very pleased to have the opportunity to present our work on elder abuse at the Ontario Elder Abuse Conference in Toronto at the end of February. Full proceedings from the conference will be posted on the Ontario Network for the Prevention of Elder Abuse website at **www.onpea.org**.

For your free copy of the *Nova Scotia Elder Abuse Strategy: Towards Awareness and Prevention,* call the Seniors' Secretariat toll-free at **1-800-670-0065**.

The University of Toronto (Institute for Life Course and Aging) is proud to announce the launch of a two-year national project that will identify promising Canadian approaches to assuring that older persons who live in congregate settings are well treated. *A Way Forward: Promoting Promising Approaches to Abuse Prevention in Institutional Settings* aims to enhance the capacity of communities across Canada to better understand and respond to the complex issues of abuse and neglect in for-profit, not-for-profit and publicly funded congregate setting. For more information, e-mail project coordinator Dana Howse at **dana.howse@utoronto.ca**.

This year presents a number of opportunities for a variety of organizations to highlight the issue of elder abuse. The Atlantic Aboriginal Health Conference held in Fredericton in January used this forum to inform those attending about this concern, recognizing that abuse can occur in any cultural setting and with any age group.

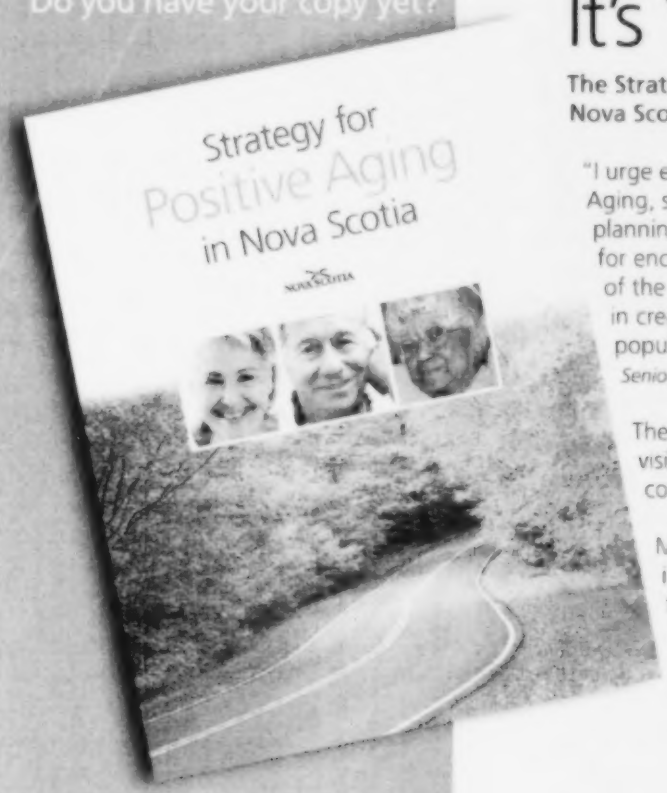
Scam Jam
On March 30, visit the Scam Jam at the Westin Hotel, Halifax. This is a full day anti-fraud exhibition that combines information and education for consumers and business. This public event is offered free of charge and will include a keynote speaker (Barry Elliott, creator and coordinator of PHONEBUSTERS), small presentations, and a number of display booths.

In April 2006, the Naomi Society in Antigonish will begin their plans to produce a DVD and accompanying materials. This is part of a year long project funded by the Law Foundation of Nova Scotia called Seniors' Abuse and Neglect and Legal Implications.

This year, Nova Scotia will recognize Elder Abuse Awareness Day on June 15, 2006 in conjunction with the first World Elder Abuse Awareness Day.

Communities will be supported in their efforts to recognize the day and raise awareness of the issues. Information on Nova Scotia events will be posted on the Secretariat's website or you can contact Barb Baker at **(902) 229-4355, bakerbr@gov.ns.ca** or Jane Cowie at **(902) 424-5461, cowieje@gov.ns.ca**.

Do you have your copy yet?



It's Your Strategy

The Strategy for Positive Aging belongs to Nova Scotians

"I urge everyone to read the Strategy for Positive Aging, share it with others and use it for planning. It is also a tool for advocating and for encouraging Nova Scotians to be aware of the challenges ahead, and to get involved in creating solutions for Nova Scotia's aging population." – *Valerie White, Executive Director, Seniors' Secretariat*

The Strategy for Positive Aging provides the vision for developing senior-friendly, healthy communities throughout Nova Scotia.

More than 1,000 Nova Scotians had direct input in creating this comprehensive framework that will guide government and community action over the next two decades.

To get your copy:
Phone: 1-800-670-0065
(toll free) or 424-0065
E-Mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Seniors' Secretariat
Giving Nova Scotia Seniors a Voice

HEALTH AND WELL BEING

Want to give up? Think you're too old to try something new?

Age isn't always a factor in your success or failure. Consider these famous examples:

Actor George Burns won his first Oscar at age 80.

Golda Meir was 71 when she became prime minister of Israel.

At age 96, playwright George Bernard Shaw broke his leg when he fell out of a tree he was trimming in his backyard.

Painter Grandma Moses didn't start painting until she was 80 years old. She completed more than 1,500 paintings after that; 25 percent of those were produced when she was past 100.

Michelangelo was 71 when he painted the Sistine Chapel.

Physician and humanitarian Albert Schweitzer was still performing operations in his African hospital at 89.

Doc Councilman, at 58, became the oldest person ever to swim the English Channel.

S. I. Hayakawa retired as president of San Francisco State University at 70, then was elected to the US Senate.

Casey Stengel didn't retire from managing the New York Mets until he was 75.

Source: Glenn Van Ekeren, The Speaker's Sourcebook, Prentice Hall, New York, NY

Mainstage Entertainment:
Broadway's Best
If you love Broadway musicals - you'll love this show!
50+ expo
Friday, June 9 and Saturday, June 10, 2006 • Exhibition Park, Halifax

According to the recent Statistics Canada report "Health at Older Ages"

The majority of Canadian seniors were in good health in 2003. Most were independent, free of functional disabilities and had positive perceptions of their mental and physical health

Exercising frequently, drinking moderately, eating fruit and vegetables often, having a normal BMI, as well as having low stress levels and feeling connected to their communities, all played important roles in seniors' overall good health

Healthy behaviour during senior years not only helps maintain good health, but also increases the likelihood of recovering after a period of poor health.

You can read or download this report from the Statistics Canada website at **www.statcan.ca**. Under "Products and Services", select "Free," then "Health," and "Health Reports-Supplements," click on "How Healthy are Canadians" (2005).

A medication record *lists your medications, allergies and medical conditions. This helps your doctor and pharmacist decide what's best for you. Call 1-800-363-0203 to obtain* Knowledge is the Best Medicine *and a free* Medication Record *booklet.*

ENERGY

Provincial Programs Help Seniors Save on Energy Costs

By Laurie Legere, Department of Energy

Energy costs are rising everywhere and Nova Scotians are feeling the effects. While you may not be able to control global forces that are causing higher energy costs, you can ease the strain on your bank account and protect the environment by making your home more energy efficient.

The Nova Scotia Department of Energy is helping low-and-modest income seniors make your home more energy efficient by offering grants and rebates through the EnerGuide for Houses program.

"We own some of the oldest homes in the country here in Nova Scotia," said Energy Minister Bill Dooks. "Many of these homes were built before energy efficiency was a concern. By encouraging Nova Scotians to make energy upgrades at home, we can reduce power generation and harmful greenhouse gas emissions."

How to save

By participating in the EnerGuide for Houses program, you can apply to receive a $150 rebate from the Department of Energy to cover the cost of the initial home energy audit, a provincial grant to a maximum of $1,000, and an additional $400 seniors' grant to help pay for renovations and upgrades to your home. The provincial rebate and grants are in addition to the EnerGuide for Houses grants offered by Natural Resources Canada. it all adds up to more help for you to make money-saving changes to your home.

The initial audit is conducted by a qualified energy auditor. The audit gives you a complete picture of energy use in your home. You will receive a report with customized energy upgrade recommendations, and an estimate of annual energy consumption.

Who qualifies?
In order to qualify for the rebate and renovation grants, applicants must be either a single senior over 65 with an income below $25,000 or a senior over 65 with a combined family income below $40,000. Seniors over 65 who receive the Guaranteed Income Supplement and/or the Allowance are also eligible.

A little change can make a big difference
When you participate in the EnerGuide for Houses program you will also receive an energy savings kit. The kits are a great way to illustrate how a little effort and a relatively small investment can achieve a lot of energy savings. All the items can be purchased at any hardware store for around $50. When installed properly, the contents of the kit can reduce energy costs by up to $100 a year. The kit includes compact fluorescent lights, low flow shower heads, tap aerators, high efficiency night-lights, foam insulators, weather-stripping, and a storm window kit.

Did You Know?
Physical activity is one of the most important things you can do to maintain your physical and mental health and quality of life as you get older.

How to apply
It's easy to apply for Nova Scotia's Seniors' EnerGuide Rebate:

1. Call to book a home energy audit from any one of these organizations.
   - Sustainable Housing and Education Consultants **1-877-722-2842** (province-wide)
   - Clean Nova Scotia **1-800-605-5377** or **1-902-420-3474** (HRM)
   - Atlantic Costal Action Program, **1-902-567-1628** (Cape Breton Regional Municipality)

2. Apply to receive $150 rebate to cover the cost of your first audit:
   - Online: **www.gov.ns.ca/energy** select Smart Energy Choices Icon (call if you require an application with larger font)
   - By phone: Call **1-800-670-4357** to speak to a representative.

3. Make renovations recommended by the auditor

4. Book a follow-up, or "B" audit with the same organization that did your first audit. At this point you will be eligible for both the federal and matching provincial grant, as well as the additional $400 grant for seniors only.

Keep the Heat: Fuel Assistance Program

Keep the Heat is a program to help with the rising cost of home heating. The program offers low-income Nova Scotians a one-time rebate cheque, a coupon for a furnace tune-up, an energy savings kit, and, for people who heat with electricity, a chance to receive new thermostats. Keep the Heat will also provide all Nova Scotians with tips on how to save on energy use and costs this winter.

Seniors receiving the Guaranteed Income Supplement (GIS) or Allowance, and who also pay for their own heat, can receive $250 if they heat with oil or propane, or $100 if they heat with electricity or any other fuel.

How much is the rebate?
The rebate is a one-time payment of $250 for oil or propane users, or $100 for all other heating sources, including electricity, wood, coal, wood pellets and natural gas. This will help you with the increased cost of heating.

Am I eligible for a rebate?
You may be eligible for a rebate if you pay your own heating source and one of the following sentences describes you:

I had a combined family net income of $25,000 or less in 2004 (as indicated on line 236 of your Income Tax Assessment form).

- I am a single parent with a net income of $25,000 or less in 2004.
- I am single and had a net income of $15,000 or less in 2004.
- I am a senior who receives the Guaranteed Income Supplement or Allowance.
- I am receiving Income Assistance from the Department of Community Services.

How can I get more information on the rebate program or where can I obtain an application?
You can call Service Nova Scotia and Municipal Relations at **424-5200**, or toll-free **1-800-670-4357**. You can also visit **www.gov.ns.ca** (click on the Keep the Heat logo).

I have filled out the application form, what else do I need to apply?
You must include the following:

- A copy of a fuel bill (oil, propane or natural gas); or an electricity bill from Nova Scotia Power or your local utility; or a receipt for the purchase of three or more cords of wood or three tons of coal or 150 bags of wood pellets purchased since April 1, 2005. The bill or receipt must be in your name, and the delivery address must be the same as the address on the application.
- You must also include a copy of your 2004 Income Tax Assessment form. This is the form the Canada Revenue Agency (CRA) sends to you after it has processed your income tax return. If you do not have your 2004 Income Assessment form, just sign the consent portion of the application form, and we will contact CRA on your behalf.

How long will it take to get my cheque?
After we receive your application, it will take up to eight weeks to send you a cheque. It may take longer if your application is incomplete or we need to get more information from you.

What is the furnace tune-up?
For peak performance, a furnace should be serviced once every year. If you own your furnace, you may receive a coupon to pay for a tune-up. The tune-up will help your furnace do a better job of heating your home and use less fuel during the year. After you receive the coupon, call your heating oil supplier or furnace technician and ask if they will accept the coupon. You should be aware that you must pay for any furnace repairs required beyond the basic tune-up items. Be sure to discuss this with the furnace technician.

How do I get a furnace tune-up coupon?
If you wish to receive the tune-up coupon, please check the appropriate box on the application form. If you already have a furnace maintenance agreement with your fuel supplier, or if you have had a tune-up done on your furnace since June 30, 2005, please do not request a coupon.

What are the energy savings kits?
Everyone who gets a rebate cheque will also get an energy savings kit. The kits contain easy-to-use items that will help you save on energy costs in your home, such as energy-efficient light bulbs and a low-flow shower head. You will receive your energy savings kit through the mail.

I rent my home, can I still qualify for the program?
If you rent your home and you buy the heating fuel or pay for the electricity to heat your home you can receive a payment and an energy savings kit, if you meet all the other eligibility requirements. However, if you do not own the furnace you cannot receive the voucher for the furnace tune-up.

Can I get the rebate or kit if I heat with electricity or wood?
If you meet the other criteria and pay for the electricity or wood then you may be eligible for the program. The electricity bill must show that you have used at least 10,000-kilowatt hours in the past 12 months. For wood, an invoice or receipt in the applicant's name and address for at least three cords is required.

If I heat with natural gas, wood pellets or coal, what is required in order to receive the rebate?
For natural gas, bill or invoice showing delivery is all that is needed. For coal, a bill or invoice in the applicant's name and address for three tons. For wood pellets, a bill or invoice for 150 bags. The coal and pellets must have been purchased since April 1, 2005.

What is the thermostat replacement program?
The thermostat replacement program is a new pilot program being offered to 3,000 householders who heat with electricity. If you heat with electricity, be sure to check the appropriate box on the application form if you want to be considered for this program. If you are selected, we'll contact you directly with more details.

How can I get more information on lowering my heating costs?
For tips and answers to questions about energy conservation call 1-800-670-4636, or visit **www.gov.ns.ca/energy**.

Keep the Heat applications?

The Keep the Heat Program ends on March 31, 2006. All completed applications must be submitted on or before this date. Don't miss out!

Conserve Energy and Save Money: Quick Tips

- Turn off your water heater if you are away from your home for more than a day.
- Fix leaky faucets. A steady drip of hot water can cost you upwards of $100 a year.
- If you have lights that must be on all night, such as night lights in stairways, replace with CFL bulbs. Better yet, use an LED (light emitting diode) night light, which costs less than 20 cents a year to run and requires no bulb changes.
- Every time you open the refrigerator door, the air you paid to be cool escapes. Be organized and reduce the number of times you open the door.
- Check your refrigerator's door seal by closing the door on a $5 bill. If the bill is held tightly in place, the deal is OK. If not, the door may need to be adjusted or the deal replaced.
- Thaw frozen foods in the refrigerator before cooking, unless the label says otherwise.
- Use an electric kettle to boil water – it is faster and more energy efficient than the stove.
- Don't waste hot water by pre-rinsing dishes before putting them in the dishwasher. Just scrape off food, empty liquids, and load 'em up.
- Run full loads in the washing machine whenever possible, but don't overload the machine.
- Travel in a carpool or vanpool. Sharing a ride cuts your fuel consumption in half if you carpool with even one additional person.

NOTES OF INTEREST

Enhancing Aging Research Capacity in Canada

The Canadian Institutes of Health Research is contributing to New Emerging Team (NET) grants. The purpose of NET is to build capacity in new and developing areas of research, develop new research teams, and give researchers the building blocks required to successfully apply for future funding. The objectives of the NET grant are to:

- Create or develop new competitive research teams while show potential for successfully applying for other infrastructure team funding in the future;
- Foster multidisciplinary and cross-theme research in the areas of focus, such as aging;
- Train and establish new investigators in these areas;
- Create a team environment that favours the development of new fundamental research projects.

The teams related to aging are listed below.

New Emerging Teams

- Optimising End of Life Care for Seniors
- Helping Seniors and Primary Care Professionals Optimise the Use of Drugs to Improve Health
- Transitions and Dementia: Bridging Gaps in Service Provision
- Implementation and Evaluation of a Comprehensive Pain Assessment and Treatment Program for Seniors
- Development of Biological Implants for Joint Repair
- Health Impacts of Violence Across the Lifespan: A Multidisciplinary Approach

- Innovative Approaches to Optimising Balance and Mobility in Older Adults
- The Canadian Driving Research Initiative for Vehicular Safety in the Elderly (CanDRIVE)
- Genomics, Genetics and Gerontology (G3): A Multidisciplinary Team for the Study of Healthy Aging
- Development and Evaluation of Strategies to Improve the Care of Persons with Dementia in Rural and Remote Areas
- Understanding, Treating and Preventing Tinnitus
- Health and Aging in Rural Environments

For further information:
Institute of Aging
Canadian Institutes of Health Research
1036 Belevedre South
Sherbrooke, Quebec J1H 4C4

www/cihr-irsc.gc.ca

Learning for Life!

If you are a member of Acadia University's Lifelong Learning Centre, you can sit in on university courses for free. You can participate in class discussion, but cannot take exams or pass in assignments. Anyone over 50 will be able to audit classes as long as they take out a membership in the Learning Centre which costs $20. This will give them access to the Vaughn Memorial University Library as well. For more information contact Acadia Lifelong Learning Centre at **(902) 585-1434**, or toll-free **1-800-565-6568**.

Transition Guide for Caregivers

From the Ontario Partnership on Aging and Developmental Disabilities, September 2005

Aging With a Developmental Disability
Building bridges between the long-term care and developmental services sector to strengthen choice. The Ontario Partnership is comprised of 50 provincial associations, regional planning groups, local projects, government ministries and planning bodies. The partnership was formed to support the quality of life of adults with developmental disabilities as they age. The partnership has received funding from the Ontario Trillium Foundation for a five-year project on aging and developmental disabilities.

For more information call toll-free **1-866-667-3362**
fax **1-905-889-3827**
E-mail: **rcoristine@reena.org**
Web: **www.opadd.on.ca**

Redefining "Senior"

Are we all seniors at age 65? Apparently not. In the USA, according to the National Council on Aging (2002), the Harris National Survey reported that 51% of persons between the ages of 65 and 74 and 33% of persons aged 75 and over perceived themselves as middle aged or younger!

Taken from: Health Promotion and Aging, Third Edition by David Haber, PhD.

PUBLICATIONS

Pamphlets and Articles from the Government of Canada

Services for Seniors
Guide to Government of Canada Services for Seniors and their Families

Income Security Programs Overview
Old Age Security
Canada Pension Plan

New Horizons for Seniors Program

Are You Self-Employed?
The Canada Pension Plan (CPP) can be there for you!

Canada's Retirement Income System
What's in it for you?

For copies of these pamplets or for further information contact **1-800-622-6232**;
TTY **1-800-465-7735**

Source: Social Development Canada

University of Victoria Centre on Aging

Public Reports Catalogue
This catalogue contains information regarding publications concerning:

- Caregiving
- Dementia
- Demography
- Elder abuse
- Health promotion
- Home support
- Long-term care
- Mental health
- Policy
- Self-care
- Social support
- Technology
- Transportation
- Volunteerism

For this catalogue, and other publications available, contact
The Centre on Aging
University of Victoria
PO Box 1700, Stn. CSC
Victoria, BC V8W 2Y2

Phone **(250) 721-6369**
Fax **(205) 721-6499**

Ross Farm Museum
Re-live your memories of rural Nova Scotia during a visit to historic Ross Farm Museum, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Highway 103).
Website: http://rossfarm.museum.gov.ns.ca

Integrated Service Delivery to Ensure Persons' Functional Autonomy

Edited by: Réjean Hébert; André Tourigny and Maxime Gagnon

Publication

The progressive aging of the population results in a preponderance of chronic illnesses that require ongoing, long-term care. This scenario means the traditional hospital-centred model is ineffective and must gradually give way to a health services model that focuses on the frail elders' place of residence. First-line health services and homecare would therefore form the crux of the system and, given the plethora of organizations and professionals involved, integrated services delivery is a must.

This volume gathers the opinions of the researchers, clinical practitioners and managers who helped establish these *integrated services*. Their combined experience and knowledge is invaluable and helps further our understanding of this partial restructuring of the Québec health network. It is no exaggeration to say that they have made a major contribution to Québec health care field.

For more information visit
www.prisma-qc.ca

Did You Know?

To stay independent you need to be able to reach, bend, list, carry and move around easily. Staying physically active will help you keep moving and stay strong.

Health Information For Every Body

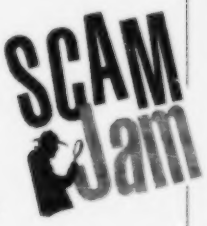
Do you have questions on your health or the health of someone you love? The Canadian Health Network, brought to you by the Public Health Agency of Canada and major health organizations across Canada, offers dependable, up-to-date information at your fingertips. From healthy eating to active living, there's no better source.
www.canadian-health-network.ca

Guaranteed Income Supplement (GIS)

If you are 65+, have a low or modest income, and are not receiving the GIS, call the Old Age Security Program to see if you qualify for benefits. Call 1-800-277-9914.

MARK YOUR CALENDAR!

March



Scam Jam

- Thursday, March 30, 2006
- 9:00am to 3:00pm
- Westin Nova Scotian, 1181 Hollis Street, Halifax
- Free Admission!
- Learn about fraud
- Get tips and information from a variety of organizations
- Light refreshments provided
- Win prizes!
- Everyone welcome
- To order your free ticket or for more information visit the Better Business Bureau website at **www.bbbmp.ca/scam_jam.html** or call **902-422-6581**.

Keep the Heat
March 31 is the deadline to have all Keep the Heat applications submitted. Call **1-800-670-4357** for more information.

April

The Gerontology Association of Nova Scotia (GANS) Annual General Meeting and Educational Conference on April 28 at Mount St. Vincent University in Halifax will focus on Safety and Security for Seniors. Topics may include issues such as falls prevention, elder abuse, personal safety for seniors, being an informed consumer, and how seniors can protect themselves against frauds and scams. Check the GANS website for further information at **www.nsnet.org/gans/**.

May

Alzheimer Society Luncheon
Wednesday, May 3
World Trade & Convention Centre, Halifax
For more information or to purchase tickets, call **(902) 422-7691, ext 227**
or e-mail **fundraise@alzheimer.ns.ca**.

Annual Caregivers' Luncheon
Friday, May 5, at Pier 21, Halifax
Tickets are $35 each or $350 for a table of 10.
For more information or to purchase tickets, call Caregivers Nova Scotia at **(902) 421-7320** (metro), **1-877-488-7390** (toll-free), or e-mail **info@caregiversND.org**.

June

You Don't Have to Hurt
Northwood will hold their Annual Clinical Conference, June 2, Westin Hotel, Halifax. The topic this year is You Don't Have to Hurt: Creating an Abuse Free Environment.

50+ Expo
Friday, June 9 and Saturday, June 10, 2006
Exhibition Park, 200 Prospect Road, Halifax
www.50plusexpo.ns.ca

Festival of International Conferences on Disability, Aging, and Technology
June 16-19, 2007 – Toronto, Canada
FICCDAT will include five important conferences running concurrently as well as many joint events.
For further information contact: **www.ficdat.ca**
416-425-3463 ext. 720
10 Overlea Blvd., Toronto, Ontario M4H 1A4

Keep Moving!

Cold winter temperatures make it easy to want to stay inside, but it is important to keep active all year long. Some tips for staying active in the winter are:

- Join an aquasize class or go for a swim at the local pool. Swimming is particularly good for people with painful knees or hips as your body weighs less in the water.
- Get outside for a walk around the block or visit a walking trail in your community.
- Join a mall walking group. Many malls across the province have mall walking groups, which are perfect for times when it may be too slippery to walk outside.
- If you have grandchildren nearby, take them outside to play in the snow. If not, play in the snow anyway. You're only as old as you feel!
- Start your spring cleaning early! Household chores are an excellent way of moving around and keeping active in the winter. An added bonus is that when the temperature heats up, you will be able to enjoy it since you will have your spring cleaning finished!

Knowledge is the Best Medicine

One of the objectives of the Seniors' Secretariat is to improve the health and quality of life for seniors living in Nova Scotia. In partnership with Rx&D, the Nova Scotia Medication Awareness Committee, which has been established by the Secretariat, has developed a number of projects to encourage the appropriate use of medications. The first of these projects is the *Knowledge is the best medicine* brochure.

This brochure provides helpful hints to improve your knowledge about the medications you take. It identifies information you should seek from doctors, pharmacists and nurses. It will help you understand what you can do to maintain and improve your health.

A medication record booklet is also included for you to record important personal medical information. You can list all of your medicines, what they are for and when they should be taken.

The *Knowledge is the best medicine* brochure is also available en français. Complementary copies can be obtained from your pharmacist or by calling the Rx&D order desk toll free at **1-800-363-0203**.

If you have questions about this program or other programs and services for seniors, call the Nova Scotia Seniors' Secretariat at **1-800-670-0065** (toll-free).

Remember, your medication record booklet is only useful if it is up-to-date and if it is used properly.

Be a star at the fourth annual 50+

StarSearch

Talent Contest

June 9 & 10, 2006
Exhibition Park

50+ Expo is pleased to present Nova Scotia's fourth annual 50+ Talent Contest. This contest is open to amateur performers over the age of 50. There are two divisions – Group and Single – and four categories in each division – Dance, Instrumental, Vocal and Other (magicians, comedians, etc.). A maximum of eight entrants will be accepted per category. The top two contestants will have a maximum of five minutes to perform on our 40' x 30' main stage with PA system including microphones, tape deck and CD changer. Judging will be done by a panel of professionals from the music industry and contest sponsors. One **Grand Prize of $2500 cash** will be awarded to the most original performance.

To enter, complete the registration form (below) and submit along with $15 registration fee by April 21, 2006.

$2500 CASH GRAND PRIZE

CATEGORIES:

Single Division	Group Division
• Instrumental	• Instrumental
• Vocal	• Vocal
• Dance	• Dance
• Other	• Other

50+ Talent Contest 2006 Registration Form

Rules and Regulations

- Registration form must be sent to 50+ Expo with the appropriate registration and category fee.
- Registration fee is $15.
- Each additional category after the first category is $5.
- There will be no refunds for missed performances or any other reason.
- Prizes may alter without prior notice.
- 50+ is not responsible for any lost equipment items.
- Registrations will not be accepted at time of talent search, and must be submitted by April 21, 2006.
- Participants registered with a talent agency and or with agency representation in their chosen category are not eligible to participate in the talent search.
- Award winners from Star Search 2005 are not eligible to compete in Star Search 2006. All winners from 2006 will be invited to attend Star Search 2006.
- Photocopies and faxes of registration forms will NOT be accepted. Automatic registrations are mandatory.
- Registration deadline is April 21, 2006.
- Performers are to provide pre-recorded backing music.
- Participants entering a vocal or instrumental please submit a cassette or CD of your rendering. Participants entering in Dance or other please submit a VHS tape of your routine.

I hereby authorize and agree to the use of my name and photograph for advertising/promotion purposes in the 50+ Talent Contest. I claim no compensation in respect of such use, or for any damages arising therefrom. I also agree to the rules and regulations stated above. Judges' decisions are final and binding.

50+ Expo
1740 Granville Street, PO Box 2065
Halifax, NS B3J 2Z1
Phone 429-5808 or 424-5407
Toll-free 800-670-0065
www.50plusexpo.ns.ca

Programs for

Seniors

2006

17th edition

This 144-page directory features information about active living, health care, transportation, housing, finances, legal matters, and more.

Pick up a free copy at your local pharmacy, libraries, physicians' offices, hospitals, seniors' centres, and clubs.

Multiple copies of *Programs for Seniors* can be sent to groups and organizations upon request.

To request a copy:
1-800-670-0065 (toll-free)
(902) 424-0065 (Halifax area)
E-mail scs@gov.ns.ca
Website www.gov.ns.ca/scs

Seniors' Secretariat

Seniors' **News**

Giving Nova Scotia's Seniors a Voice

View this issue on-line!

All of our newsletters are available on our website at **www.gov.ns.ca/scs**.

Mail or Email?

In an effort to cut printing costs and reduce the amount of paper we are using, we are asking you, the readers, to let us know if you would like to be added to our email distribution list instead of receiving a printed copy in the mail. Every little bit helps and we ask for your support.

Please email: **scs@gov.ns.ca**
or call the Secretariat's information line toll-free at **1-800-670-0065** or **(902) 424-0065**.